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Canadians priced out of fresh produce

metroNEWS



Your essential daily news | TUESDAY, JUNE 7, 2016

High 18°C/Low 11°C Cloudy



Co-owner Charita Downey touches up a finished painting Monday in The Canvas Room.
JEFF HARPER/METRO

PAINT AND SIP

North-end business offers evenings of art — and wine

metroNEWS

School proposal put to test

PUBLIC FEEDBACK

Draft plan set to build junior high and close Oxford School



Haley Ryan
Metro | Halifax

Residents have a final chance to weigh in on a plan to consolidate Halifax junior high schools, renovate others, and close Oxford School, by giving feedback and helping "make it better."

The third and final public session for the north-end school review is Tuesday from 6:30 to 9 p.m. at Citadel High School, where the School Options Committee (SOC) will gather feedback about its draft recommendation to build a new junior high with students from Highland Park Junior High and Oxford School; renovate St. Stephen's Elementary, St. Joseph's- A. McKay Elementary, Joseph Howe Elementary; and send the Oxford elementary students into other schools in the area when that building closes.

"It's not set in stone; it's really important for everyone who has a stake in this ... to come and give us the feedback to help us make it better," review facilitator Sera Thompson said Monday.

Thompson said the draft proposal is "very much" based on the scenario that had the most favourable public response in the last public meeting and online surveys, which is a consolidated junior high with opportunities for enrichment programs and late-entry French immersion.

If Oxford was to close, Thompson said the proposal suggests those elementary students would be sent to walkable schools in the neighbourhood, with work done by the Halifax Regional School Board (HRSB) to figure out what the new boundaries would be.

Jon Frost, SOC chair, said Monday he was "cautiously optimistic" presenting the draft to the public since the option was most popular and "that's a plus."

"It's not an easy thing and it's not something we took lightly at all," Frost said.

He added there is room to improve the proposal, so if a very large group of people want a different option, the recommendation could go in a different direction.

After Tuesday, the SOC will create a final recommendation that will go to the school board for approval either in June or before the deadline of July 4, then the province.


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metro NEWS

Your essential daily news



No charges for the parents of a toddler who fell into the Cincinnati Zoo gorilla enclosure. **World**

DARTMOUTH

Police seek info in sexual assault

Police are asking for the public's help after they say a woman was raped in Dartmouth on Saturday.

In a media release issued Monday, Halifax Regional Police said a 27-year-old woman was approached from behind in a wooded area on the 300 block of Main Street in Dartmouth between 3 and 4 p.m. After approaching her, the man spun her around and proceeded to violently sexually assault her. The man, who was not known to the victim, was last seen walking towards Mount Edward Road.

Police are asking anyone with information about this incident to contact police at 902-490-5016. Anonymous tips can be sent to Crime Stoppers by calling toll-free 1-800-222-TIPS (8477).

THE CANADIAN PRESS

ECONOMY

Spending on offshore oil projected to dip: Experts

An economic think tank says overall spending on major projects on the East Coast is expected to fall overall in 2016 by about two per cent.

The Atlantic Provinces Economic Council says investment will be down to $12.8 billion, due in part to a decrease in Newfoundland and Labrador's offshore oil projects. THE CANADIAN PRESS

Doctor warned police of Dalhousie shooting threats

MENTAL HEALTH

Student mused about stabbing, gun violence, court hears



Stephen Gregory Tynes attends Halifax provincial court Monday. **The Crown has dropped several charges against Tynes, a suspended Dalhousie University medical student who allegedly told his psychiatrist he wanted to shoot people and then kill himself.** ANDREW VAUGHAN/THE CANADIAN PRESS

A psychiatrist said she went to police with concerns about a Dalhousie University medical student she was treating because she felt the daughter of a university official was in imminent danger of being harmed.

Dr. Terry Chisholm testified Monday at a peace bond hearing for Stephen Gregory Tynes, which occurred after the Crown dropped three of the four charges against him. They included two counts of uttering threats to cause bodily harm and one count of engaging in threatening conduct.

Chisholm said she had been seeing Tynes periodically for about a year when she became concerned about his state of agitation following a session on Aug. 20, 2015, which included theoretical musings about a mass shooting.

"He was feeling that he was being treated unfairly and that he was being forced out of the medical school," said Chisholm.

She said Tynes talked in a "cold and dispassionate" way of doing harm to the daughter of Dr. Evelyn Sutton, who was the associate dean of undergraduate medical education at Dalhousie. Sutton, whose daughter was also in the medical program, had been working with Tynes in relation to his academic performance in the program.

Chisholm said Tynes had expressed anger at Sutton before the conversation switched to her daughter, Ellen MacDonald.

"He said that he would stab her," said Chisholm.

When she asked why, Chisholm said Tynes told her that MacDonald would never be treated the same way he was in being brought before a progress committee at the medical school.

Chisholm said she then asked him if he was also thinking of harming himself but he said no, although he later talked about what it would take for him to commit suicide.

> **(Tynes) started to talk about ... 'If I took a gun and killed 10 or 15 people at the medical school. If I did that then I would shoot myself.'**
> Dr. Terry Chisholm

"He started to talk about ... 'if I took a gun and killed 10 or 15 people at the medical school, if I did that then I would shoot myself.'"

Chisholm said Tynes told her that he didn't have a gun but he knew where he could gain access to one. Chisholm said she soon after called 911 to inform police and then called Dr. Sutton to warn her of the potential danger to her daughter.

Tynes has been charged with sexual assault in a separate incident. THE CANADIAN PRESS

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Yuko Imai straightens a mirror at the Burnside location. JEFF HARPER/METRO



Adam Ross, left, and Ippei Hagino, work on assembling a cabinet. JEFF HARPER/METRO

Habitat for Humanity set to open second ReStore location

CHARITY

Existing store profits go to building Nova Scotia homes



Zane Woodford
Metro | Halifax

If you're looking for some furniture or building supplies on a budget, you'll soon have another place to look.

Habitat for Humanity is opening a second ReStore location, this one in Bayers Lake.

The charity's existing store in Burnside sells building supplies, furniture and appliances at prices up to 50 per cent below retail, and all the profits go directly to into Habitat for Humanity building new homes in Nova Scotia.

"Our ReStore in Burnside is just doing great. And our social enterprising is one of our main means of generating income so we can accomplish our mission, which is to help families get some affordable housing," Habitat for Humanity Nova Scotia CEO Marie-France LeBlanc said on Monday.

"The more revenue we can generate, the more families we can help."

That revenue helped Habitat for Humanity house nine families last year, and the plan is to put another six families under a roof this year.

> The more revenue we can generate, the more families we can help. Marie-France LeBlanc, CEO

LeBlanc said the new store on Chain Lake Drive will hopefully open on July 6 with a grand opening sometime in August.

Between now and then, she needs donations and volunteers to fill the new store.

The Burnside store is run by two full-time staff, and 60 volunteers, and LeBlanc hopes to match that in Bayers Lake.

As for the kinds of things the store will sell, the selection, like in Burnside, will run the gamut.

"You name it, we pretty much have it," LeBlanc said. The Burnside store once had a trampoline, for instance, and currently has a treadmill.

The Bayers Lake store may stock more home décor items, as the plan is to tap into a more residential market.

"It's a new market, so we'll be adapting to make sure that we're serving the clientele in Bayers Lake," she said.

"We're just hoping to reach a whole new audience that not only will shop in our ReStore, but also learn much more about what we're all about, and about how we help our families, and what it is that we're trying to accomplish, which is really to provide a brighter future for families and kids."

LEND A HAND

If you've got some building supplies, lightly used furniture or appliances to donate, or if you'd like to lend a hand volunteering at the new Bayers Lake location, log on to **habitatns.ca** for more details.



Painting a creative atmosphere

CANVAS ROOM

Sessions give artists chance to explore their art, wine



Rebecca Dingwell
For Metro | Halifax

If painting on a canvas while sipping a glass of wine sounds like an ideal evening, the Canvas Room is the place to go.

Although she never attended art school, co-owner of the Halifax business Charita Downey has a passion for painting.

"It's always been a hobby of mine," Downey said Monday. "It's just a talent that I have."

Downey, along with her partner Nadeem Jan, were inspired by the "paint and sip concept" in other cities.

Since Jan has experience owning other businesses, he's the one who handles the financial side of things, while she works on the creative side, Downey said.



The Canvas Room co-owners Charita Downey and Nadeem Jan show off some finished Paint & Sip projects at their Cornwallis Street location Monday. JEFF HARPER/METRO

The Canvas Room opened on Cornwallis Street in north-end Halifax at the end of May.

"Our atmosphere is for art, so there's bright lighting and we have good natural lighting," said Downey.

In the past week, business has been going well.

> I'm not teaching them techniques or anything like that. I'm just guiding them. Charita Downey

"We got a lot of bookings for parties — there's a lot of interest," said Downey. "We've had a few (people on) dates come by."

Downey said when they decided to start the business, they hadn't heard of Paint Nite — a popular concept already in the Halifax area. However, the main difference is you don't have to buy tickets in advance to attend a Paint and Sip.

Paint and Sip sessions take place Wednesday through Sunday from 7 through 9 p.m. For one fee, the Canvas Room provides paint, an apron, and of course, a canvas. Food and booze cost extra.

Downey is the instructor at these sessions, providing an example painting for people to work from.

"I'm not teaching them techniques or anything like that. I'm just guiding them."

For those who want to do their own thing, BYOC — Bring Your Own Canvas — sessions are available during the day on Thursday, Friday and Sunday.

"There's no instruction or anything; it's solely independent," explained Downey. "You can come in, sit down and have a coffee or something like that."

Group parties can also be booked two weeks ahead of time. Paint and Sip sessions are only for those over the age of 19, but Downey said younger groups can be accommodated.

"We would host a kids-friendly party if people were interested."

PAINT, SIP, REPEAT

Paint and Sip sessions take place from Wednesday through Sunday from 7 p.m. to 9 p.m. Cost of entrance covers the canvas and all supplies.

MCNABS ISLAND

Beach cleanup fills 450 bags

McNabs Island just got a little cleaner.

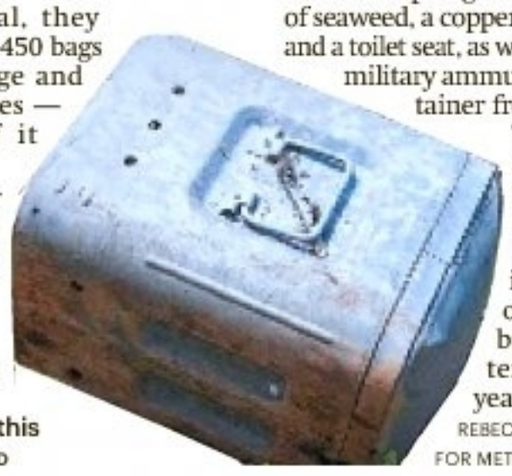
On Sunday, 250 people volunteered to participate in the annual cleanup of the provincial park, located in Halifax Harbour.

Volunteers hauled in everything from antique bottles to tampon applicators, according to a news release from the Friends of McNabs Island Society issued Monday.

Youth groups from 2nd Colby Girl Guides, École Secondaire du Sommet, and Take Action Society donated their time to the clean-up.

In total, they collected 450 bags of garbage and recyclables — most of it plastic.

Unusual findings included a box spring mattress full of seaweed, a copper toilet tank and a toilet seat, as well as an old military ammunition container from 1954.



An ammunition container that was recovered this year. CONTRIBUTED

The event has been taking place since 1991, having raked in over 12,450 bags of litter over the years.

REBECCA DINGWELL/ FOR METRO

CRIME

Police warn against phone scams

Halifax police are warning people about two recent telephone scams that appear to be targeting seniors and new immigrants.

In one scam, a man identifying himself as a bank manager contacts senior citizens by phone advising them that there's a problem with their account.

The man then tells the person he is sending a cab to their home to pick them up and take them to the bank so they can have the issue corrected.

In the second scam, a person who identifies as an employee of the Canada Revenue Agency (CRA) threatens to call the police and/or have a warrant issued for their arrest if they refuse to provide credit card information for payment of outstanding income tax debt.

These calls are not legitimate, a Halifax Regional Police news release issued Monday said. If you receive a call, hang-up and contact your bank, the CRA and the police.

Investigators remind citizens to be suspicious of anyone calling and asking for money or credit card information. Refrain from providing personal information, whether the solicitation occurs by telephone, email or in person, unless you have initiated the contact or you are certain of the identification of the person and the legitimacy of the organization they claim to represent.

Providing personal information such as your Social Insurance Number (SIN) and date of birth could lead to identity theft.

If you have been the victim of a scam, you should report the matter to police by contacting the financial crime unit at 902-490-5020. METRO



Rules on assisted dying weak: Philpott

HEALTH CARE

Minister says provincial guidelines don't cut it



Jane Philpott, Minister of Health, speaks at a conference in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Health Minister Jane Philpott says provincial guidelines do not provide enough clarity and protection to physicians who may be asked to help their patients die, suggesting people will have trouble finding a doctor to assist them.

"Doctors may have inadequate protection and I expect in these early days, many physicians will be extremely reluctant to provide assistance to patients wanting medical assistance in dying," Philpott told a roomful of health-care professionals in a speech to the National Health Leadership Conference on Monday.

The minister reminded the audience that doctor-assisted dying would become legal effective at midnight Monday, her office said — after the federal government missed a Monday deadline set by the Supreme Court for enacting a law in response to its ruling on physician-assisted death.

"Unfortunately, despite tremendous effort, this bill is not yet in place," Philpott.

"That means that, effective tomorrow, you may be asked to do something that has never been expected of you before — to help people end their lives. It's a daunting prospect."

Medical regulators in every province have already issued guidelines for physicians on providing assistance in dying, based on the eligibility criteria outlined by the court.

Those rules impose safeguards similar to — and in some cases, even stronger than — those proposed in the government bill, C-14.

> **Doctors may have inadequate protection.**
> Jane Philpott

But Philpott said those guidelines are not enough.

"While I have faith in Canada's health-care providers to carry out these responsibilities responsibly and ethically, I believe that regulatory guidance alone is insufficient, given the nature of what you will be asked to do," Philpott said.

And those guidelines do not apply to everyone, Philpott said.

"Nurses, pharmacists and others who assist doctors will not have the guidance or protection they need," she said.

THE CANADIAN PRESS



Over half of the stables at Fort McMurray's Clearwater horse club burned down. CONTRIBUTED

FORT MCMURRAY

Horse club faces uncertain future



Alex Boyd
Metro | Edmonton

The horses of Fort McMurray's Clearwater Horse Club faced an evacuation almost as chaotic as their owners'.

As fire raged, dozens were moved to new facilities, or rushed onto trailers for the trek south. When fire cut off that escape route, only one choice remained: Open the gates.

"(The remaining horses) knew it wasn't safe and they had to leave," said Charity Wiley, the club's public relations director.

And leave they did, forming a small herd and moving north through the forest.

Now they've all been lured back by food, and Wiley said they're all safe. But no one knows when they'll be able to go home.

Over half of the Club's 40 or so stables have burned to the ground, and the paddocks are a misty white from the chemical compound sprayed all over town to keep the ash down. But while you can warn humans to stay away from potential toxins, the message is lost on horses.

"We're now sourcing professional cleanup, because if it's not safe for people, it's not safe for animals."

Now, Clearwater's 100 equine tenants, ranging from pleasure horses to competition animals for sports like jumping or Western reining, are scattered across three provinces.

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SURFING UP A STORM AS BAD WEATHER PELTS FLORIDA Surfers take advantage of the waves from Tropical Storm Colin on Monday in Venice, Fla. Heavy rains from Tropical Storm Colin hit north Florida and southern Georgia on Monday, knocking out power in some areas and flooding roads on the Gulf coast. JOE RAEDLE/GETTY IMAGES

ZOO

No charges laid in gorilla case

A prosecutor announced Monday no charges will be brought against the mother of the little boy who got into the gorilla exhibit at the Cincinnati Zoo, saying the three-year-old "just scampered off."

The killing of a 400-pound gorilla that was dragging the child through a moat May 28 set off a torrent of criticism online, with some vilifying the zoo for shooting the animal and others blaming the mother for not watching her child more closely.

Hamilton County Prosecutor Joe Deters said the case didn't come close to warranting a charge of child endangerment, and he defended the mother as an attentive parent undeserving of the abuse and threats.

He said the mother had three other children with her, ages one to seven, and had turned away "for a few seconds" to attend to one when the boy took off.

"If anyone doesn't believe a three-year-old can scamper off very quickly, they've never had kids. Because they can. And they do," Deters said.

THE ASSOCIATED PRESS

Clinton poised for nomination

U.S. POLITICS

Hopeful has the delegates for Democratic candidacy

Striding into history, Hillary Clinton will become the first woman to top the presidential ticket of a major U.S. political party, capturing commitments Monday from the number of delegates needed to become the Democrats' presumptive nominee.

The victory arrived nearly eight years to the day after she conceded her first White House campaign to Barack Obama. Back then, she famously noted her inability to "shatter that highest, hardest glass ceiling."

Campaigning this time as the loyal successor to the nation's first black president, Clinton held off a surprisingly strong challenge from Vermont Sen. Bernie Sanders. He mobilized millions with a fervently liberal message and his insurgent candidacy revealed a deep level of national frustration with politics-as-usual, even among Democrats who have controlled the White House since 2009.

Clinton, the former secretary of state, New York senator and first lady, reached the 2,383 delegates needed to become the presumptive Democratic nominee on Monday with a decisive weekend victory in Puerto Rico and a burst of last-minute support from superdelegates. Those are party officials and officeholders, many of them eager to wrap up the primary amid preference polls showing her in a tightening race with presumptive GOP nominee Donald Trump.

Clinton has 1,812 pledged delegates won in primaries and caucuses. She also has the support of 571 superdelegates, according to an Associated Press count. AP surveyed all 714 superdelegates repeatedly in the past seven months, and only 95 remain publicly uncommitted. While superdelegates will not formally cast their votes until the party's July convention, all those counted in her tally have unequivocally said they will do so.

"We really need to bring a close to this primary process and get on to defeating Donald Trump," said Nancy Worley, a superdelegate who chairs Alabama's Democratic Party.

THE ASSOCIATED PRESS

THE RACE

Clinton outpaced Sanders in winning new superdelegate endorsements even after his string of primary and caucus wins in May. Following the results in Puerto Rico, it is no longer possible for Sanders to reach the 2,383 needed to win the nomination based on the remaining available pledged delegates and uncommitted superdelegates.

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TOURISM

Majority of Canucks plan domestic trips

More Canadians are expected to leave their passports at home this summer and hit the road in Canada as the weak loonie and low gas prices prompt a deeper exploration of their own country.

Canada's major tourism destinations are expecting a banner year as Canadians pursue staycations and more travellers from the U.S. and abroad visit the Great White North.

The Banff-Lake Louise area in Alberta is one of the country's most popular destinations, attracting nearly four million visitors a year. Following a 20 per cent increase last year, Parks Canada is anticipating a seven per cent hike in visits this year.

"We've seen it since the dollar took its southern route," said Nancy Dadalt of Banff-Lake Louise Tourism. "I think the dollar has impacted Canadians wanting to stay closer to home."

Niagara Falls, Cape Breton, Old Quebec City and Whistler make the list of top Canadian destinations each year. But there are other options, from large annual events like the Calgary Stampede to quaint small towns and tranquil lakes.

Some hot spots may get birthday boosts. Toronto's CN Tower is 40 years old, and the Blue Jays are playing their 40th season.

About 55 per cent of Canadians who are planning vacations this summer intend to explore Canada, up nearly seven points from a survey conducted last year, said the Conference Board of Canada. THE CANADIAN PRESS



A view of Two Jack Lake in Banff National Park.
TRAVEL ALBERTA/THE CANADIAN PRESS

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Canadians buy fresh less often

PRODUCE PRICES

Poll finds more people shifting to frozen fruit and vegetables

Some Canadians are snubbing expensive fruits and vegetables, instead turning to frozen produce and juice as less-pricey alternatives, a new survey by researchers from two universities has found.

Soaring produce prices have been a hot topic recently. Fresh vegetable costs rose 11.7 per cent and fresh fruit prices increased 11 per cent year-over-year in April, according to Statistics Canada's most recent consumer price index report.

Researchers from the University of Guelph's Food Institute and Dalhousie University surveyed more than 1,000 adults in Canada online between May 12 and 24 to determine if those rising prices have changed consumer grocery shopping behaviours.

The results suggest low-income households, less-educated people and younger generations are more vulnerable to volatile fruit and vegetable prices, said Sylvain Charlebois, the dean of the faculty of management at Dalhousie University in Halifax and one of the report's authors.

About one-quarter of respondents said they ate fewer fruits and vegetables over the past 12 months. Respondents with low incomes and lower education levels were more likely to have dropped produce from their diets than their wealthier counterparts, Charlebois said.

Slightly more than two-thirds of respondents said they passed on purchasing specific high-cost produce, such as cauliflower.

Many respondents — about 45 per cent — also purchased or considered buying frozen produce as a way to reduce their total grocery bill. Fewer of them — about 17 per cent — did the same with juice.

Those cost-cutting measures may be something consumers will continue to do as produce prices don't show any signs of easing.

In the University of Guelph's 2016 food price report, Charlebois predicts this year's food inflation will outpace general inflation, with vegetables increasing in price by two to four per cent and fruits by 2.5 to 4.5 per cent.

It's hard to say exactly how produce prices will play out in the future, he said, but costs are unlikely to stop rising.

"Because of climate change, we are expecting vegetable and fruit prices to become much more volatile than they have ever been," he said.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population. THE CANADIAN PRESS



About half of those surveyed opted not to purchase cauliflower at some point over the past year. Several months ago, cauliflower prices spiked toward double digits per head thanks to a sliding loonie and drought in California. Some restaurateurs showcasing the cruciferous vegetable hiked prices or pulled the items from their menus altogether.

More than 15 per cent of respondents also admitted to avoiding broccoli, lettuce, oranges and apples. Apples, for example, jumped 23.4 per cent in price from April 2015 to last April, according to Statistics Canada. People said they also snubbed tomatoes, cucumbers, bananas and carrots, though they were fewer in number.



metro VIEWS
Your essential daily news
Tuesday, June 7, 2016

ROSEMARY WESTWOOD
ON WHY HILLARY SHOULD CHAMPION REPRODUCTIVE RIGHTS

She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points. Nothing cuts deeper than the right to control your own body.



Hillary Clinton might be pro-choice, but her campaign isn't nearly pro-choice enough.

Despite earning a Planned Parenthood endorsement (the first primary endorsement in its history) and her long support for abortion rights, it's only been one message among a muddled many.

It could be so much more. Come the general election, drawing women to the polls — especially young, single, Democrat-voting women who have been leaning heavily in Bernie Sanders's favour thus far — will be as essential as always for a Democratic win. And abortion rights could be the key.

The demographic reasons are obvious: As many as one in three women will get an abortion before age 45 in the U.S., according 2008 data. But that's not what makes it such a potentially potent issue for Clinton this election. For that, we can thank the abortion crisis sweeping across the United States. Aggressive lobbyists and regressive lawmakers are wiping abortions from the map.

In Texas, Louisiana, South Carolina, Oklahoma, Indiana and Florida, pro-life forces are pushing, and in places succeeding, at interfering with an inalienable right.

By restricting women's access to abortions through outlandish measures (forcing women to bury or cremate a fetus, requiring small clinics to build hospital-sized hallways, investigating Planned Parenthood and cutting state funding to clinics that provide abortions), lawmakers threaten to shutter dozens of abortion clinics, leaving women with the right to an abortion in name only. (This month, the Supreme Court could rule to uphold a Texas law that forces abortion clinic doctors to have admitting rights to hospitals, which would close eight clinics.)

This not only endangers a basic right, but by forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

It shouldn't be a hard sell, but Clinton isn't the salesman that Donald Trump is. Trump — who is pro-life — is a master of the sound bite and the galvanizing rhetoric. She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points with a similarly pointy edge: Nothing cuts deeper than the right to control your own body. All Clinton needs to do is hammer one simple thing home: Abortion access is under attack, and she is its saviour.

Pundits better placed than I, assume Sanders fans will skew Clinton if/when she becomes the nominee.

But there's preference for a candidate — and then there's cold, hard voting.

Recently, the Washington Post reported that women's fervent support for Clinton rises with age because their experience of sexism deepens as they have children and advance in their careers. Abortion could be the cause young women can relate to — and the cause that lets them relate to Hillary Clinton herself.

By forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

Metro POLL

Will you watch the NHL playoffs?

No Canadian teams are left in the running for the Stanley Cup. Back in April, ratings for the first week of the NHL playoffs were down 61 per cent. And now that the Pittsburgh-San Jose final is upon us, we asked how much attention you have been paying.

How much of the NHL playoffs have you watched this year, compared to past years?

80%: Less
It's hard to care with no Canadian content.
17%: About the same
The games are as entertaining as ever.
3%: More
It's a more interesting group of teams than usual.

No Canadian NHL teams + Raptors rocking the country = low NHL ratings.

There are way better things on TV than hockey.

I have my favourite couple of teams I watch and if they don't make it, I'm done.

Playoff hockey is still the best kind of hockey, regardless of which teams are playing.

visit metronews.ca HAVE YOUR SAY



False promises like Stephen McNeil's breed Donald Trumps

HALIFAX MATTERS
Stephen Kimber



If you want to understand the un-understandable appeal of Donald Trump, you could do worse than begin with Stephen McNeil.

That is not as far-fetched as it might initially seem. We are not talking here about Stephen McNeil the individual, but Stephen McNeil, the symbolic result of far too many years of all-too-usual politics as strategic gamesmanship. Everywhere.

But let's make this parochial, non-partisan.

Start with our last Tory premier, Rodney MacDonald. In 2006, MacDonald won his first mandate as premier by roaming the province dispensing grants to provincial libraries and hog farmers, "gripping and grinning for the cameras like an over-the-top, out-of-control John Buchanan," I wrote at the time. Three years later, still gripping and grinning and proclaiming a budget surplus he knew did not exist, MacDonald was defeated by our first NDP premier, Darrell Dexter, who claimed to be able to walk on the water of maintaining public services while not increasing taxes. Even though he too knew better.

Four years — and one "temporary" increase in HST followed by his own fallaciously "balanced" budget — he too was replaced by our latest Liberal premier, Stephen McNeil.

McNeil had wisely declared "I will not make commitments that I cannot deliver on," then unwisely committed to make Nova Scotia Power shareholders pay the costs of Efficiency Nova Scotia while not asking Nova Scotians to fund their profits (uh…); end corporate handouts (can you say Yarmouth-Portland ferry?); become "the most open and transparent province in Canada" (before deciding a year later we were open enough); and maintaining the film tax credit until 2020 (that sound you don't hear is the province's film industry).

If you believe the media punditry, McNeil is now gearing up to ask us for a new mandate — two and a half years before its time — based on yet another happy-talk, election-year, faux-balanced budget, based on overstated revenues, public-sector contracts not signed and enough cupboards-no-longer-bare, fiscal jiggery-pokery to fund a new hospital, more money for child care and a chicken in every microwave.

It may work long enough to count the ballots, but it will not really work. And voters — who should also know better — will only become more cynical.

It's exactly that cynicism that breeds Donald Trumps.

Thanks Stephen, Darrell, Rodney and all the rest who've brought us to this sorry pass.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

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Your essential daily news



Anne-Marie Mediwake and Ben Mulroney named co-hosts of Your Morning, CTV's new morning show]

Shining a light on skin cancer

HEALTH

Caroline Cooper was a faithful sunscreen user, but still got sick



ABOVE: Caroline Cooper, glowing and in remission from melanoma. **INSET:** A painful skin rash — a side effect of the chemotherapy drug MEK 162 —worsened over six weeks of Cooper's cancer treatment. TORSTAR NEWS SERVICES

Caroline Cooper's passion was outdoor adventure, guiding canoe trips, rock climbing and wilderness trekking. In 2013, she'd landed a dream job in Hong Kong, teaching kids to surf, kayak, rappel.

"My office was the outdoors," explains Cooper, 29. Fair-skinned, she always wore a SPF 30 sunscreen and conscientiously reapplied it to prevent burns. But she never worried the sun exposure would lead to skin cancer.

"I thought skin cancer was just an ugly mole, something you cut off," says Cooper.

That changed when she was diagnosed with melanoma, the deadliest form of skin cancer. The rate of melanoma has been rising in Canada, about 2 per cent a year for men and 1.5 per cent for women.

For Cooper, it began one morning in Hong Kong when she noticed a golf ball-sized lump on her neck. A doctor there biopsied it and told her it was melanoma.

"That's a good thing, right?" she blurted out, having feared breast or brain cancer.

"No, not really," he replied.

She returned to Toronto. Medical scans revealed tumours in her neck. Cooper underwent surgery that removed 63 lymph nodes from her neck. Eleven were cancerous.

"I have a scar running three-quarters the way around my neck," she says.

Cooper had 33 radiation treatments. By the end of 2013, evidence of the disease was gone, but the oncologist warned her it might return. Sure enough. Follow-up scans in the summer of 2014 showed spots in her lungs, liver and at the base of her skull. The melanoma had spread.

"Nobody asked me about death, but the thought was going through everyone's mind," says Cooper.

She was enrolled in a clinical trial for the drug MEK162. "It kicked my ass," says Cooper about the side effects — severe nose bleeds, hair loss, sore joints and a rash on her face and torso so painful she required morphine. The young woman who once energetically scrambled up rock faces was curled up for three-hour naps.

In six months, the tumours shrank 30 per cent, but then the drug stopped working. "My body built up a resistance, which my doctor had predicted," she explains. She was transferred to another drug, ipilimumab. It caused fewer side effects, but scans showed improvement.

During her post-radiation remission, Cooper had met Justin Douglas on an online dating site, and the two grew close. "He would hold me when I cried, and I could tell him things that scared me," says Cooper. "He was my knight in shining armour."

On June 13, 2015, the two married. Three months later another scan showed she was fully in remission.

She won't return to leading outdoor adventures, the career she loved. "It's my skill set," explains Cooper, who is grappling with changing career paths.

In all her time outdoors, she never had a bad sunburn, a risk factor for skin cancer. Nor did she ever go to a tanning salon, another possible factor.

"It was just all the days out in the sun added up," she says. "It can happen to anyone."

TORSTAR NEWS SERVICE

NEED TO KNOW

Types of skin cancer
Basal cell: Can cause disfigurement; **Squamous cell:** Can grow and spread; **Melanoma:** Can be deadly.

Mole warning signs
Talk to your doctor about black, multi-coloured or irregular moles more than 6 mm in diameter.

The right sunscreen
Wear water-resistant SPF 30 or higher, broad spectrum (UVA and UVB rays). You can apply just before going out. Use SPF 30 lip balm.

The right clothing
Wear a broad-brim hat and tightly woven shirts and pants. Look for sunglasses labelled UV 400 or 100 per cent UV protective.

Source: Dr. Jennifer Beecker, Canadian Dermatology Association

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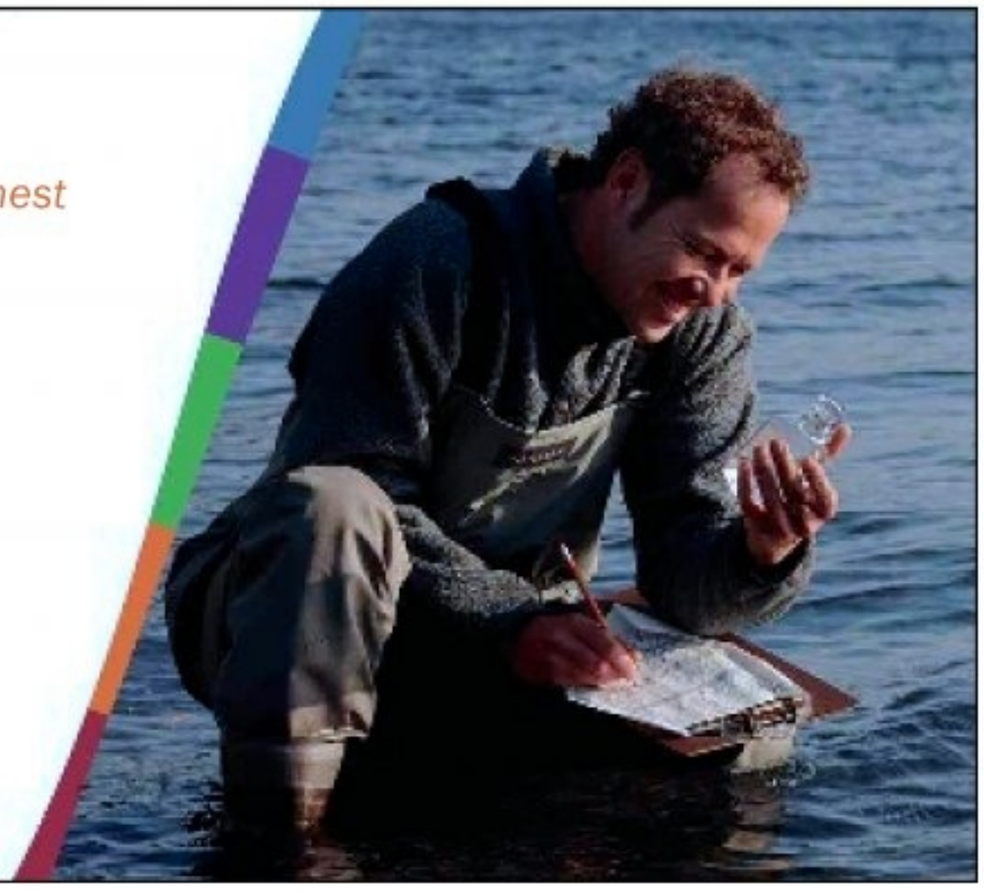
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‘You can’t out-train overeating’



Celebrity trainer Erin Oprea tells readers how to get more out of their limited time. “Working out doesn’t always have to be in the gym.” TORSTAR NEWS SERVICE

INTERVIEW

It’s all about your diet, says Underwood’s training guru

Erin Oprea knows you don’t have time.

That’s why the celebrity trainer and former U.S. Marine has crafted a “do-anywhere” workout regimen approved by clients such as singer Carrie Underwood who have to squeeze workouts in between red carpets and stadium shows.

Her new book The 4 X 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want (Harmony: $27.64) tells readers how to get more out of limited time. “Working out doesn’t always have to be in the gym,” she says. “Anytime that you have free time — knock it out.”

But the key is in the kitchen.

Can most people accomplish their fitness goals with body weight exercise?
They can reach their goal, but so much of reaching your goal is your nutrition. If you don’t change your nutrition, then you’re never going to get results. You can’t out-train a bad diet.

What are some tips for eating right?
Definitely hydration. Drinking half of your body weight in ounces. If you weighed 100 pounds, you’d want to drink 50 ounces of water. So many people live their life completely dehydrated.

What are some of the biggest diet misconceptions?
One of the big myths that’s out there is “carbs are bad,” which I totally disagree with. Carbs are our energy source. They’re fuel for our body. If you put bad gasoline in your car it’s not going to run like it’s supposed to.

What’s the time of day you should eat carbs?
The time of day is early in the day when you’re going to use them. People will pack it in at dinner, and eat a lot of pasta or baked potatoes and then they’ll sit on the couch. If you eat it at night and you just sit around, your body is just going to store it. I tell people to eat it before three in the afternoon, and you have time to use it up. That doesn’t mean pile in as much as you can — still eat it in moderation when you have time to use it.

So a salad for dinner and bread for breakfast is OK?
Bread early, or bread in moderation. And watch the sodium. People don’t realize how much sodium affects your body. If you’re getting ready for swimsuit season and you eat something very salty — it could be a frozen dinner that you might think is healthy, but it’s loaded in sodium — if you start cutting back the sodium, it makes a world of difference.



Carrie Underwood GETTY IMAGES

Can you ruin a week’s worth of exercise in a few meals?
Absolutely. You cannot out-train a bad diet. If you workout really hard for two hours and then you go eat five slices of pizza, you might have kept yourself from gaining, but you’re not going to get to where you want to be.

What are some of Carrie Underwood’s strengths as a client?
She’s a driven woman. Just like all my other clients, they’re dedicated. They’ve made the decision that they want to do something and they do it. Everybody has bumps on the road. The key is to try and stay as consistent as possible and when you slip up, get right back on track. Don’t let one little bump in the road set you off for weeks.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I’M WATCHING

A spy show that’s really about marriage

THE SHOW: The Americans, Season 2, Episode 5 (Shomi)
THE MOMENT: The girl talk



Keri Russell and Alison Wright star in The Americans. CONTRIBUTED

Soviet undercover agent Philip (Matthew Rhys), posing as mild-mannered Clark, married FBI secretary Martha (Alison Wright), to wring secrets from her.

But Martha’s getting fed up with Clark’s absences. Philip’s real wife and fellow spy Elizabeth (Keri Russell), posing as Clark’s sister, drops in on Martha to appease her. A bottle of wine in, Martha confides, “Clark’s so uptight. Except when we’re, you know.”

Elizabeth’s smile freezes. “Really?” she asks.

“Oh my God, he’s wild,” Martha coos. “I don’t know where it comes from, what he does.”

“What does he do?” Elizabeth asks, unable to stop twisting her earring.

“He’s a gentleman. Just not in the sack,” Martha says. “In the sack he — he just makes me his.”

“Hmm,” Elizabeth says. “Hmm.”

Whoo-ee! Philip and Elizabeth may be kickass spies, but this series is really about marriage: How spouses disappoint one another, the secrets they keep. We learn so much about these two — more than they know, sometimes — that they feel like the couple next door.

Elizabeth has been living with a man she thinks she knows, who has let her down often enough that she’s prone to dismiss him.

But to hear about “him” from another woman, who’s getting something she’s not — Russell does a terrific job making Elizabeth look subtly ill. And Martha is a fabulous character, someone who’s perpetually underestimated, but should not be.

Because Elizabeth is my neighbour now, I knew this chat would get under her skin. Sure enough, she — no, I won’t spoil it. Watch episode six.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Alexis
Domestic Medium Hair



This petite female feline is a tad shy but with patience and a kind loving tone she slowly shares her affectionate side. Her stunning tortoiseshell coat of jet black and pumpkin orange is sure to win over any beauty contest. With a medium length coat her new home should certainly be mindful to check regularly for matts, to keep this lady happy and healthy. Despite not being sure of her four feet leaving the ground she much enjoys head rubs from the comfort of the solid ground. **If you have room in your heart and home for this lovely girl, please visit today.**

For more information on **Alexis** and other adoptable furry friends, visit **www.spcans.ca/dartmouthshelter** or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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Nova Scotia SPCA Provincial Animal Shelter

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IT careers for those analytical thinkers

Professional IT specialists work to help individuals and businesses get the most out of the technology they rely on.

In this profession, individuals may troubleshoot and repair PCs, administer, manage and design networks, as well as implement, support and create database systems.

"If you're an analytical thinker who likes a challenge and enjoys working with computers, training as an IT specialist at Success College could be a rewarding career path for you," says Janice Currie, director, Success College.

Students in the Success College IT specialist program learn to install and configure software and operating systems.

"This is a fairly large occupation in Nova Scotia, with employment around 3,650, and so job opportunities occur fairly regularly," says Currie.

"Careers Nova Scotia says the number employed in this occupation is expected to grow significantly over the next five years,



CONTRIBUTED

which will provide additional opportunities for employment."

Beginning with a strong emphasis on the initial design of a corporate network structure, this program then expands from basic software administration into software management, network hardware set-up, connecting to the outside world through the Internet, as well as design and administration of database systems.

"Certifications are important to success in this field," says Currie.

"Success College will fund eight industry certifications of your choice up to $1,000."

Please see an admissions representative for full details. Success College is also proud to be a Microsoft IT Academy program member. For more information, visit successcollege.ca.

Work in the centre of it all as a medical office administrator

A medical office is a dynamic place with a wide variety of activities happening all the time.

As a medical office administrator, you're at the centre of it all.

"At Maritime Business College, you'll learn how to effectively manage a medical office," says Janice Currie, director, Maritime Business College.

"You will learn practical skills, including computer applications, medical terminology, medical transcription and medical office procedures, combined with important human relations and verbal and written communications skills."

According to Careers Nova Scotia, the employment outlook over the next few years for this occupational group is "fair", which indicates the chances of a qualified individual finding work is around average.

"This is a fairly large occupation in Nova Scotia, with employment around 1,050, and so job opportunities occur fairly regularly," says Currie.

"The number employed in this occupation is expected to remain largely the same over the next five years, neither growing nor shrinking."

With 20 per cent of workers being 55 years



CONTRIBUTED

of age and older, retirements are expected to contribute somewhat to employment opportunities over the coming years.

As a successful graduate of the 13-month medical office administration program, you will be proficient in office practices and software, enabling you to manage a medical office, receive visitors, and build applications.

"Individuals with specialized health-care training often enjoy higher job security than professionals in fields more affected by changes in the job market," says Currie.

For more information, visit maritimebusinesscollege.ca.





LEARN HOW TO BE AN EXPERT EVENT PLANNER



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daVinci College is the only college in Halifax to offer the unique event promotions and management program that trains individuals how to organize and execute successful events.

"A career in events promotions and management is fun and rewarding," says Jenn Cotterill, instructor, daVinci College.

"It's also a lot of work -event planners are responsible for all of the details necessary in making an event successful."

Students enrolled in the event and promotions management program will be trained in the complete process of developing, planning, managing, executing and evaluating a successful event; this includes creating themes, understanding regulations and licensing, managing logistics, promoting, and hosting the event.

Designed for creative, out-going and detail-oriented individuals, training in this program is very hands on, and students gain practical experience executing small and large scale events across a variety of industries.

Students learn to manage events in festivals, tourism, music and entertainment, fundraising, and sports – as well as gain first-hand experience managing a variety of events during their training.

Students will also be trained in business communications and best business practices, from building a budget to building a business.

"Most importantly, they learn to think quickly on their feet to deal with the unpredictable in this fast paced industry," says Cotterill.

"The skills that are developed are also transferable so that graduates are job ready with confidence in their abilities."

For more information, visit davincicollege.org.

GOING FOR ESTHETICS GOLD

Maris Mills has had a big few days.

The 19-year-old HDC Esthetics student is currently in Moncton competing in a national skills competition in the esthetics category. Mills got to the competition thanks to winning gold at the Nova Scotia Skills Competition in April.



CONTRIBUTED

If she wins the Moncton competition, she'll represent Team Canada next year in Abu Dhabi, United Arab Emirates.

Mills says esthetics is a career that has interested her for a long time.

"It's a career that allows me to be very interactive with people. I love that. I love making people feel beautiful by enhancing their beauty," she said.

While the esthetics program is a 10 month, 1,500-hour program, Mills has logged far more time.

"We've practiced so much for this event," said Judy Antonello, the school's lead instructor and Mills' coach.

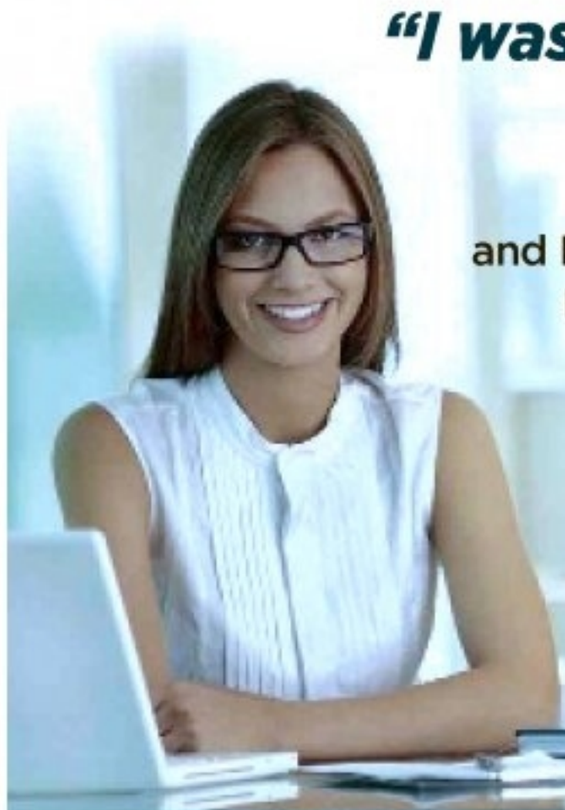
Antonello describes Mills as dedicated and professional, and says Mills has put in extra time on weeknights and weekends to get ready for the event. Mills says even her classmates let her practice on them to get ready for the event. She also credits the support of school officials and her coach.

"Judy has put in a lot of extra time and effort," said Mills.

Mills graduates from the school later this month and has a full-time position lined up at Vitality Medi Spa for when her studies end.

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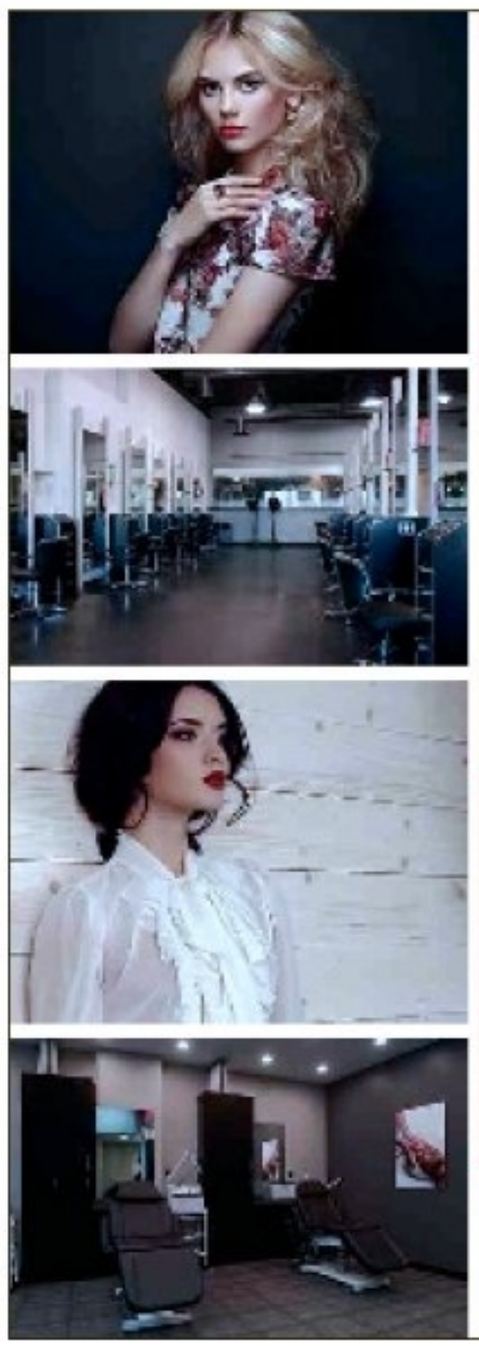
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Stephen Curry has withdrawn from consideration for the U.S. Olympic team, citing recent ankle and knee injuries

Penguins sitting on Stanley's doorstep

CUP FINAL

Pittsburgh leads series 3-1 with chance for glory at home

The Pittsburgh Penguins are one win away from their fourth Stanley Cup.

Phil Kessel and Evgeni Malkin had two points apiece and Matt Murray made 23 saves as the Penguins captured Game 4 of the Stanley Cup final in San Jose on Monday night, edging the Sharks 3-1 at SAP Center.

Malkin scored his first goal of the series and added an assist while Kessel set up a pair. Ian Cole and Eric Fehr also hit the scoresheet for the Penguins, who can win their first Stanley Cup since 2009 at home on Thursday night.

Melker Karlsson scored for the Sharks and Martin Jones stopped 17 of 20 shots.

Though San Jose came out with good energy on home ice, it was Pittsburgh getting on the board first for the fourth consecutive game to open the series. The play was engineered by Kessel who broke into the Sharks zone, dangled around defenceman Brenden Dillon and then flung a shot at Jones, with the rebound skipping straight out to Cole on the weak side.

The Penguins defenceman quickly fired into an open cage, free of any opponent with a fresh round of Sharks just hopping onto the ice.



The Penguins' Matt Cullen collides with Logan Couture of the Sharks on Monday night in San Jose. EZRA SHAW/GETTY IMAGES

GAME 4 in San Jose

3	1

It was the first of two assists for Kessel, who continues to lead Pittsburgh in post-season scoring. He now has 21 points in 22 games. Malkin landed his first point of the series.

After ending his series pointless streak in the first period, Malkin ended up beating Jones for a goal a period later.

Positioned to the left of the Sharks goalie on an early period power play, the Russian centre took a cross-ice pass from Kessel and finessed it into the net.

Malkin, Cole and Fehr — with an empty-netter — were the seventh, eighth and ninth different Penguins to score in the series.

Murray was finally beaten about eight minutes into the final frame by Karlsson, who replaced an injured Tomas Hertl on San Jose's top line. Karlsson took possession of the puck after a scramble in front of the Pittsburgh net and fired it just under the left arm of Murray, cutting the Sharks' deficit to 2-1.

THE CANADIAN PRESS

NBL CANADA PLAYOFFS

Hurricanes two wins from championship



Kristen Lipscombe
Metro | Halifax

The Halifax Hurricanes whirled through London, Ont., on Monday to take a 2-1 lead in the best-of-seven NBL Canada championship series.

The Canes downed the London Lightning 101-96 to take the edge in the race for the title in the first of a possible three road games.

On Monday night, Hurricanes centre Kyle Hunt and guard Justin Johnson led the way with 16 points apiece, while forward Mike Glover put up 15 points and pulled down a team-leading seven rebounds.

Game 4 on Wednesday night and Game 5 on Friday are also at Budweiser Gardens in London, while the final two games come back to the Scotiabank Centre if needed.

MONDAY in London

101	96
	LIGHTNING

IN BRIEF

Ducharme given the reins of national junior team

Dominique Ducharme will coach Team Canada at the 2017 world junior championship in Toronto and Montreal.

Ducharme was an assistant coach on the Canadian squad at the 2016 world juniors in Helsinki. He was also head coach of the Halifax Mooseheads when they won their first and only Memorial Cup in 2013.

The 43-year-old is the coach and general manager of the Drummondville Voltigeurs of the Quebec Major Junior Hockey League.

THE CANADIAN PRESS

Cherry to do more HNIC

Don Cherry is returning to Hockey Night in Canada next season.

The 82-year-old star of Coach's Corner has agreed to a multi-year deal, Scott Moore, president of Sportsnet and NHL properties, told The Canadian Press on Monday.

Cherry's two-year deal with Rogers, which owns Sportsnet, expires at the end of the playoffs.

In 2013, Rogers signed a 12-year, $5.2-billion deal for NHL rights in Canada.

They took a ratings hit this spring, however, when no Canadian team made the playoffs. THE CANADIAN PRESS





RECIPE Niçoise Salad

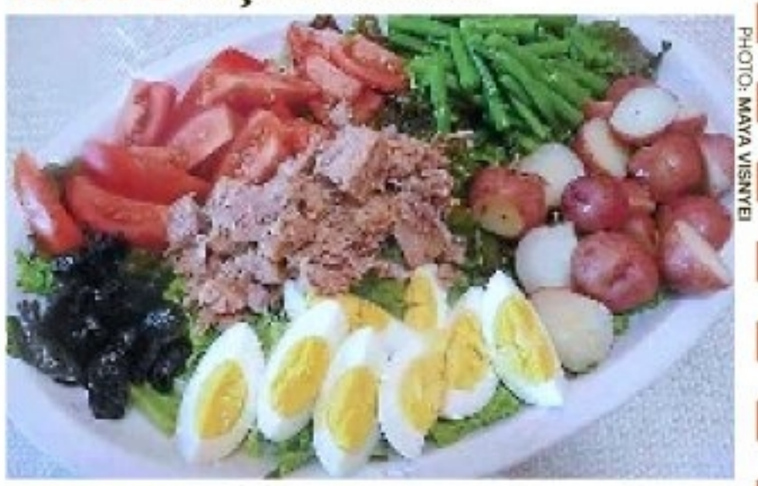


PHOTO: MAYA VISNYEI



Ceri Marsh & Laura Keogh
For Metro Canada

A large dinner salad can give a family enough variety so everyone feels there is something in it for them, and this easy Niçoise delivers double on delicious elements.

Ready in
Prep time: 25 minutes

Ingredients
- 8 small red potatoes
- 2 handfuls of green beans, washed and trimmed
- 1 head of lettuce (I like Boston but a salad mix would work, too)
- 1 can tuna
- 2 hard-boiled eggs, quartered
- 4 plum tomatoes, quartered
- ¼ cup black olives, pitted

For the dressing:
- 1/3 cup white wine vinegar
- 1 tbsp Dijon mustard
- 2 tsp honey
- ½ cup olive oil
- salt and pepper to taste

Directions

1. Bring a large pot of salted water to a boil.

2. Place your potatoes in the boiling water and cook for about 5 minutes. Add the trimmed green beans to the pot for another 3 minutes until all the vegetables are tender. Drain well and set aside.

3. Wash and spin your salad greens. Tear or chop into bite-sized pieces. Toss the greens in a bit of salad dressing, coating them lightly. Spread your dressed greens on a platter.

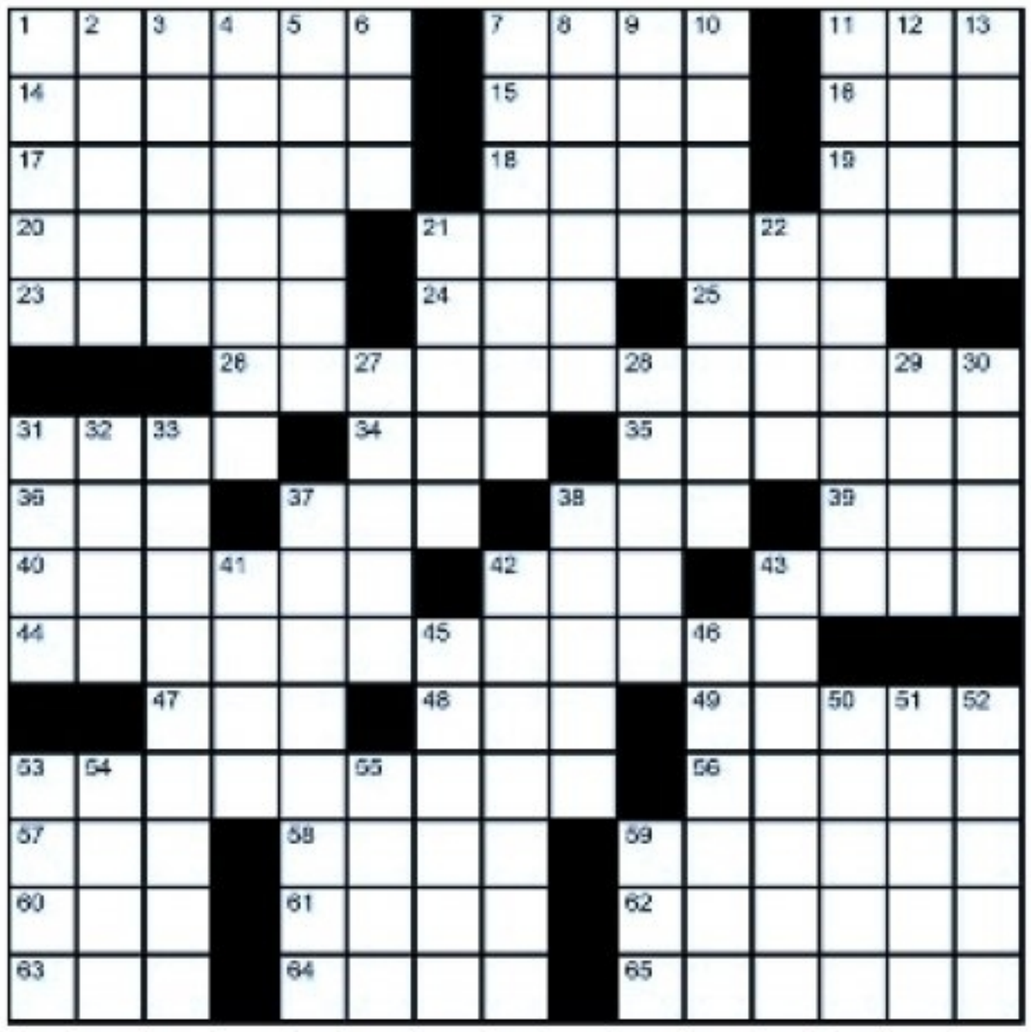
4. Arrange your ingredients in small mounds, tuna in the middle (broken up into chunks), beans together, potatoes together, olives together, etc.

5. Drizzle salad dressing over.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Garlic shrimp dish
7. __ milk
11. Better
14. Adam Levine's band, __ 5
15. Mozart opera, __ Fan Tutte
16. Apple Pie Mode's missing slices?
17. Gives warning
18. __ __ were (Seemingly)
19. Mary __ (Cosmetics company)
20. Ms. Bow, the 'it girl' in "It" (1927)
21. Food Network champions: 2 wds.
23. Metric weights, briefly
24. Reno's li'l state
25. G'days
26. 1984 chart-topper for Prince: 3 wds.
31. Scottish rolls
34. 'King' in Spain
35. Region of France
36. 'Hotel' suffix
37. Jnr. opposite
38. Quebec's largest city [abbr.]
39. Kitchen and den, etc. [abbr.]
40. Bands
42. Fitness system, __ Bo
43. FDNY's 'D' [abbr.]
44. Techie tune in "Purple Rain" (1984) starring Prince: 2 wds.
47. Sir McKellen
48. Compete
49. Birth-related
53. Prince-written song by Canadian-lead-singer trio Vanity 6: 2 wds.
56. Barter
57. "Entourage" superagent
58. Mr. Johnson of "Laugh-In"
59. Rhoda's little sister on '70s TV
60. Yearning
61. Printer paper purchase
62. English novelist Jane
63. Wilt
64. NASDAQ rival
65. Clever comeback

DOWN
1. __ dab in the middle!
2. Prefix to 'graphy' (Fancy writing)
3. "Is that __ __ sapphire?" (Jewellery store query)
4. Days following todays, olde-style
5. Saskatchewan export
6. Amer. pals to CMs on rulers
7. __-cat
8. Where Pristina is the capital
9. "The cheque __ __ the mail."
10. Canadian singer/songwriter Joni, one of Prince's musical inspirations
11. Is prudent: 2 wds.
12. Count __ (2004 Jim Carrey role)
13. Compensates
21. __ tube (Lake fun thing)
22. Kitty sound effect
27. Accounting firm, __ & Young
28. Historical drama of 2000 starring Uma Thurman, Tim Roth and Gerard Depardieu
29. Red Serge force, commonly
30. Tues., on Wed.
31. 'Canada' begins with one: wd. + letter
32. 'Air'-meaning prefix
33. Bright, as an outcome
37. Rope of twisted-together-strands: 2 wds.
38. Silent film actress Ms. Normand
41. __ __ the crack of dawn
42. Ancient three-levels-of-oars Mediterranean ship
43. Most cherished
45. Madonna's 1996 title role's namesakes
46. False
50. So much, in music
51. Calculator ...when using the + sign
52. Resembled the Tower of Pisa
53. Refusals
54. Expanse
55. Stone hue
59. Stop

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something unexpected will interrupt your home routine today. Small appliances might break down or minor breakages could occur. Be patient with family members to keep the peace.

Taurus April 21 - May 21
This is an accident-prone day for your sign, so pay attention to everything you say and do. Before you speak, count to three and keep your eyes open! This puts you in control.

Gemini May 22 - June 21
Today you might find money, or you might lose money. Stay in touch with your bank account. Guard your possessions against loss or theft, because today is a crapshoot.

Cancer June 22 - July 23
Your plans regarding sports events, parties or a fun escape might be interrupted because a parent, boss or police person intervenes. (Oops!) Just be aware of this.

Leo July 24 - Aug. 23
This is a restless day for you. You're not sure whether to act or wait, because things are unpredictable. (It never hurts to first find which way the wind is blowing.)

Virgo Aug. 24 - Sept. 23
A friend likely will surprise you by doing something you least expect today. Or possibly, you will meet someone new who is bohemian, unorthodox or just weird.

Libra Sept. 24 - Oct. 23
It's hard to predict people in authority today — parents, bosses, VIPs and the police. Just be aware that someone is going to throw you a curveball. Forewarned is forearmed.

Scorpio Oct. 24 - Nov. 22
Travel plans will change today. They might be canceled or rescheduled. On the other hand, you suddenly might have a fresh opportunity to travel. Yay!

Sagittarius Nov. 23 - Dec. 21
Something unexpected might affect discussions about inheritances, taxes, debt and shared property. Stay in touch with your bank account so you know what's happening.

Capricorn Dec. 22 - Jan. 20
A friend or spouse might want more freedom in the relationship. Someone close will do something today that surprises you. Expect an unusual request from someone close to you.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted by canceled meetings, power outages, fire drills, computer crashes — something. A co-worker might do something that surprises you.

Pisces
Feb. 20 - March 20
This is a mildly accident-prone day for your kids, so be vigilant. This is also an accident-prone day for sports. Meanwhile, social plans might suddenly change.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7		6			5			1
		2	9		3	6		8
5		7		2		9		
		9		3		4		7
1		5	2		9	7		
8			6			2		4

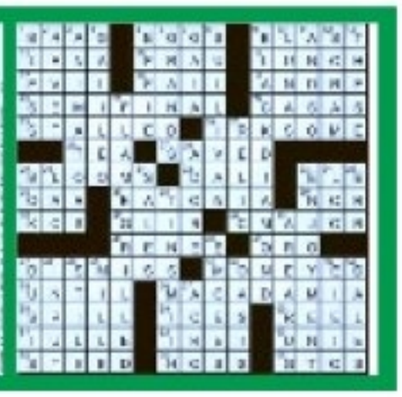
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

6	5	7	9	1	2	8	3	4
9	1	8	7	4	3	5	6	2
3	4	2	8	5	6	7	1	9
5	3	9	6	7	1	2	4	8
8	2	6	4	3	9	1	5	7
1	7	4	2	8	5	3	9	6
4	8	5	1	6	7	9	2	3
2	6	3	5	9	8	4	7	1
7	9	1	3	2	4	6	8	5



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Forte SX AT shown‡



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2016 RIO LX MT

Rio SX AT with navigation shown‡

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The Power to Surprise

Offer(s) available on select new 2016/2017 models through participating dealers to qualified retail customers who take delivery from June 1 to 30, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments exclude delivery and destination fees up to $1,725, $100 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. **0% financing on select 2016 models. Available discount is deducted from the negotiated purchase price before taxes. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2016 Forte Sedan LX MT (F054EG) with a selling price of $15,995 is based on monthly payments of $200 for 60 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $4,000 discount ($3,500 loan credit and $500 competitive bonus** or loyalty bonus¶). Cost of borrowing is $0 and total obligation is $15,995. Other taxes, registration, insurance and licensing fees are excluded. ^**Cash Purchase Price** for the new 2016 Forte Sedan LX MT (F054EG) is $19,995 and includes a cash discount of $6,000 (including $4,500 cash discounts, $500 competitive bonus** or loyalty bonus¶ and $1,000 dealer participation). Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. ^**Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2016 Rio LX MT (R054EG)/2016 Soul LX+ MT (S055EG) with a selling price of $14,495 (including $2,000 lease credit discount and $500 competitive bonus** or loyalty bonus¶)/$18,995 is based on 260 weekly payments of $19/$39 for 60 months at 0%/0.9%, with $0 security deposit, $1,960/$250 down payment and first payment due at lease inception. Total lease obligation $5,063/$10,253 with the option to purchase at the end of the term for $4,495/$8,358. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ~$60 gift will be awarded in the form of 20,000 Kia Member Rewards Dealer Points which can be redeemed at the participating Kia dealership in Canada where customer took the test drive. **Test drive participants are eligible for one gift only.** $60 gift can be used towards the purchase of parts, service, accessories or maintenance. In order for the points to be awarded, customers must have a Kia Member Rewards account. The Kia Member Rewards Program is open to any licensed driver with a Canadian mailing address and enrolment in the Program is free for the purposes of this promotion. Further details about the Program and Dealer Points are available at www.kia.ca/member-rewards. ***Your local dealer may be closed June 19. Visit kia.ca/find-a-dealer for dealership hours.** ****Competitive Bonus** offer available on the retail purchase/lease of any new 2016 Rio, 2016 Rio5, 2016 Forte, 2016 Forte Koup, 2016 Forte5, 2016 Sorento, 2017 Sportage, and 2016 Rondo for the amount of $500, and 2016 Sedona, 2016 Optima and 2016 Optima Hybrid for the amount of $750 from participating dealers between June 1 and 30, 2016 upon proof of current ownership/lease of a select competitive vehicle in the relevant class/category. Competitive models include specific VW, Toyota, Nissan, Mazda, Mitsubishi, Hyundai, Honda, GM, Ford, Jeep, Pontiac, Suzuki, Saturn, Chrysler, Chevrolet, Subaru, BMW, Mercedes-Benz, Lexus, Land Rover, Infiniti, Acura, Audi, Lincoln, Volvo and Buick vehicles. ¶$500/$750 loyalty bonus offer available on the retail purchase/lease of any new 2016 Forte, 2016 Sorento, 2017 Sportage, 2016 Rio, 2016 Rio5 and 2016 Rondo/2016 Sedona, 2016 Optima and 2016 Optima Hybrid from participating dealers between June 1 and 30, 2016 upon proof of current ownership/registration of Kia vehicle. Some conditions apply. See your dealer or kia.ca for complete details. ‡No Purchase Necessary. Enter by taking a test drive at a participating dealer or online at kia.ca/drivetosurprise. Open to Canadian residents over the age of majority. Contest begins May 3, 2016 and ends June 30, 2016 at 11:59 pm ET. 30 Prizes will be awarded (10 to Quebec residents, 20 to residents of rest of Canada). Each prize consists of winner's choice of a trip experience up to $10,000, or $10,000 towards a Kia vehicle purchase/lease. Complete contest rules in dealership or at kia.ca/drivetosurprise. §Model shown Manufacturer Suggested Retail Price for 2016 Soul SX Luxury (S075BG)/2016 Forte SX AT (F074BG)/2016 Rio SX AT with navigation (R074BG) is $27,495/$26,695/$22,795. The 2016 Rio was awarded with the Clef d'or "Best in Class" by L'Annuel de l'automobile 2016. Visit www.annuelauto.com for all the details. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.